

Recommendations to Humanity No.80

Proposing a New Principle③

The future standards for human life is a state in which the “mechanisms” of the “body” are “working” smoothly.

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Understanding the mechanism of diseases using the Tamago Theory

Likely to suffer severe illness
Likely to be infected

Table 2

Body < Virus

- 1) Mechanisms of the body are not working smoothly
- 2) The upper abdomen is inflexible
- 3) Respiration, circulation, autonomic nervous system, bodily dynamics, and internal organ functions are not in good condition
- 4) No state of comprehensive immunity
- 5) Natural immunity & acquired immunity are not functioning
- 6) No natural healing power

Table 1

Common characteristics of people who become severely ill and die

→ Inflexible upper abdomen

- 1) Elderly people with underlying medical conditions
- 2) Obese people
- 3) Heavy smokers
- 4) People taking drugs that lower the immune system (Antipyretics, steroids, immunosuppressants, Tamiflu, Xofluza, ARB, calcium antagonists, hypnotics, tranquilizers, anticancer drugs, cholesterol-lowering drugs, PPI, etc.)
- 5) People who have undergone surgery
- 6) People suffering from lack of sleep, excessive stress, overeating, etc.
- 7) People with weakened internal organs, even if not diagnosed

Table 3

Based on ROB theory:

- 1) ROB therapy (adjustment of internal organs)
- 2) Practical techniques to generate comprehensive immunity
 - a) Trigeminal nerve and vagus nerve reflex
 - b) Hand/foot A β peripheral nerve stimulation method
 - c) Venous reflux exercises
- 3) Daily life prescription Particularly for cases (1) to (7) in Table 1

Table 4

Body > Virus

- 1) Mechanisms of the body are working smoothly
- 2) The upper abdomen is flexible
- 3) Respiration, circulation, autonomic nervous system, bodily dynamics, and internal organ functions are all in good condition
- 4) A state of comprehensive immunity
- 5) Natural immunity & acquired immunity are functioning well
- 6) A state of natural healing power

Less likely to be infected
Asymptomatic or mild symptoms, even if infected
Do not suffer severe illness

Each human utilizes the mechanisms of his or her body to the utmost, thus regenerating Japan

Inspired by Dr. Tsugiyu Fukui (former Director of St. Luke's International Hospital and current Director of Tokyo Medical University Ibaraki Medical Center Hospital), we started this series in 2006 as "Recommendations for the Rebirth of Japanese Medicine Today". This year marks our 16th year of the series and this is the 167th issue. During this time, we have come to understand that the central issue in medicine is how we live as human beings. In this issue, I will present comprehensive and drastic points as "Proposing A New Principle 3".

- I. We humans have a "body mechanism" that has a history of about 15 billion years since the birth of the universe and about 4 billion years since the emergence of life (Fig. 1).
- II. The "mechanism" of our "body" itself is the result of life and the Earth evolving by influencing each other (Table 1, Fig. 2).
- III. Our "body" itself is the site of a 4-billion-year history of life. You are the site. I am the site, and all mankind is the site of a common "body" mechanism.
- IV. The basic "mechanism" of the "body" itself is in the "entry and exit" for connecting "life" as previously noted (Fig. 3). The basic "mechanism" of the "body" itself is the same whether it is a primitive single-celled life form or we humans, who have 60 trillion cells.
- V. The purpose of the "mechanisms" of our "body" is to pass on a better "life" to our descendants, and this is the common purpose of all "living things," the common purpose of life, and the common principle of action.
- VI. The phenomena that appears on the surface is the flow of life itself. In other words, "birth, growth, nurturing, aging, and death". This flow is normal. Aging and death are normal.
- VII. In order for "being born, growing up, raising children, aging, and dying" to flow smoothly, the "mechanism" of the "body" needs to "work" smoothly.
- VIII. A state in which the "mechanisms" of the "body" are "working" smoothly consists of the following relationships.
 - (1) The "mechanisms" of the "body" are working smoothly
 - (2) The upper abdomen is flexible
 - (3) Respiration, circulation, autonomic nervous system, bodily dynamics, and internal organ functions are all in good condition
 - (4) A state of comprehensive immunity
 - (5) Natural immunity & acquired immunity are functioning well
 - (6) There is a state of "natural healing power", and the "working" of the entire "body" will improve, thus preventing chronic illness, infectious diseases, accidents, and incidents. In terms of medicine, it should be able to be used precisely for the prevention, treatment, care, and end-of-life care of chronic and infectious diseases, and for steering one's whole life in a positive direction.
- IX. The method to be utilized for prevention, treatment, care and end-of-life care of chronic and infectious diseases should be "based on ROB theory" as shown in the schematic Table 3 at the top of this paper.
 - (1) ROB therapy (adjustment of internal organs)
 - (2) Practical techniques to generate comprehensive immunity
 1. Trigeminal / vagus nerve reflex
 2. Hand/foot A β peripheral nerve stimulation method
 3. Venous reflux exercises
 - (3) Daily life prescription
 To be able to apply it to the prevention and treatment of chronic diseases, infectious diseases, incidents or accidents.
- X. What is more important is that, as we can see from the example of the Buddha's enlightenment (see the April 15, 2014 issue of this paper = Tamago Building website), "respiration, circulation, autonomic nerves, human body mechanics, and the working of internal organs in general" are in a good condition, so one is able to perform particularly deep exhalations without interruption. The Buddha's last words were apparently to "not be neglectful," and the implication is that the most necessary thing for survival is to "entry and exit". Among them, we must "not be neglectful" of breathing, which cannot be allowed to stop even for a moment and which can be controlled consciously. Considered more deeply, we must "not be neglectful" of deep and long exhalations until our final days.

A deep and long exhalation will

- (1) Vigorous respiration and circulation
Deep and long exhalation causes the diaphragm to rise significantly, expelling a lot of carbon dioxide from the lungs, and a large amount of oxygen-rich arterial blood flows from the lungs to the left atrium. When the "body" is relaxed, the diaphragm naturally lowers and the lungs lower accordingly, creating negative pressure in the lungs and allowing fresh, oxygen-rich air to enter naturally. At the same time, venous blood rich in carbon dioxide from the entire body smoothly returns to the right atrium. This application of the "mechanism" of the "body" can be used not only for cardiovascular and respiratory diseases, but also for the prevention and treatment of infectious diseases.
- (2) Autonomic nervous system is in balance
Deep and long exhalations cause the upper abdomen to hollow out and the celiac plexus behind the stomach to be stimulated, regulating the autonomic nervous system and calming the mind. Zazen is an application of this "mechanism" of the "body". Most stress-related illnesses and incidents/accidents can be prevented or treated.
- (3) Improved posture. When deep and long exhalations are performed, the upper abdomen hollows out and the center of gravity shifts to the center of the entire "body" in the lower abdomen, stabilizing the entire "body". With the application of this "body" mechanism, most orthopedic diseases can be accurately prevented and treated.
- (4) Improved movement of internal organs in general. The diaphragm and pelvic floor muscles have a "mechanism" of the "body" that moves in tandem.
Deep and long exhalations soften the upper abdomen, greatly increase the range of vertical movement of the diaphragm, and at the same time greatly increase the range of vertical movement of the pelvic floor muscles, and all organs between the diaphragm and pelvic floor muscles, including the liver, stomach, duodenum, small and large intestines, spleen, ovaries, uterus, bladder and prostate, are shaken to improve metabolism.
The organs between the diaphragm and pelvic floor muscles are activated and can be used for prevention and treatment. Of course, the lungs and heart above the diaphragm are also activated.
XI Enjoying Life (Table 2) - Enriching Daily Life
When the values and wrong lifestyle that a person fails to notice, arising from his or her constitution and background, are improved by treatment based on ROB theory, practical skills to generate comprehensive immunity, and daily life prescriptions, the following events that everyone can experience will be born.

- You gain staying power before you notice it.
- You notice of your natural ability to immerse yourself in things, and become able to focus.
- Without even being aware of it, the ideas you need come to you somehow.
- The "body" moves in the most rational way, unconsciously.
- Without giving things much thought, arrangements are better.
- The inside of a person's heart becomes palpable, and one is able to empathize with the main body of a person's problems
- The five senses will be sharpened, and without thinking, concern and attention will be shown and the best choices will be made.
- It is a so-called "Ooka judgment" made with human kindness and warmth in a fair manner, creating a big-picture view.
- Life itself will become more varied.
- Because of this you will be able to enjoy life.

From the above, by all means, we hope to spread these new principles that anyone can hold to all mankind through the Osaka World Expo. The Ukraine problem is not only a problem for the parties involved. It is a major hurdle that each and every one of us as human beings must overcome. I hope that the "mechanism" of the "body," which all human beings already possess, can be made to "work" smoothly in accordance with the ROB theory, so that each and every one of us can enjoy our lives. I hope that this will result in less disastrous conflicts, not only in the medical field, but also in Ukraine and elsewhere.

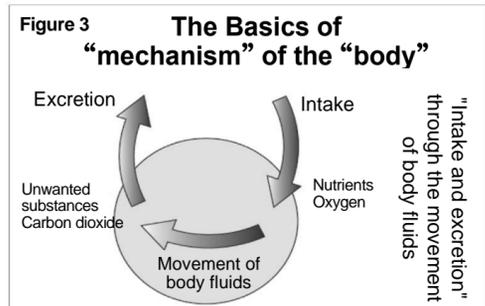
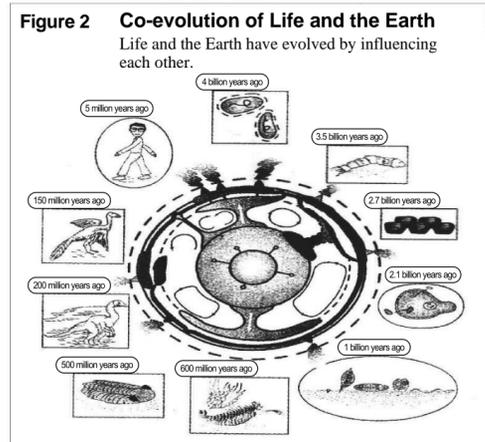
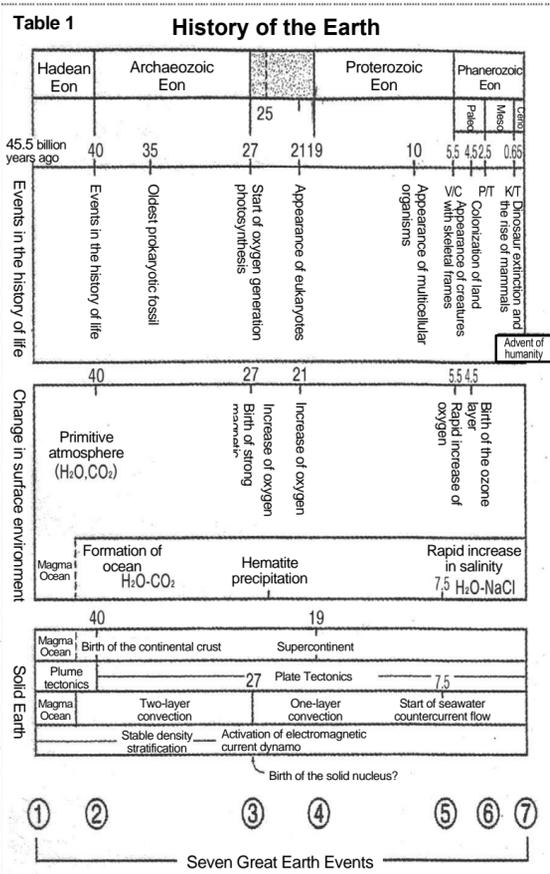
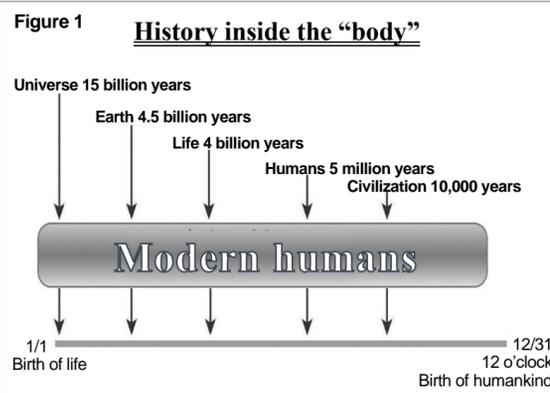


Table 2 Humans are born to have fun!

The "flexibility of the upper abdomen" is an index of human life and death.

If your upper abdomen becomes flexible using ROB therapy... This will regular inflow and outflow and allow you to take comfortable, deep, long breaths

- Improve depth of breathing
- Improve circulation
- Stabilize physical mechanisms
- Tune autonomic nerves
- Improve function of all organs

- Improve vitality ⇒ Learn how to live
- Improve overall immunity ⇒ Prevent diseases
- Encourage natural healing ⇒ Heal properly
- Improve natural balance ⇒ Natural care
- Be able to die of natural causes ⇒ Peaceful death

■ A state in which the "mechanisms" of the "body" "work" smoothly is created, enabling life to be enjoyed